

EL MORRO

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Flying safe during holiday travel, 3-1-1



Story and Photos by
Marc McCormick
El Morro

Even with the inconvenience of airplane travel, Americans and Puerto Ricans do not hesitate to flock to the skies, especially during holiday times.

Each year, Thanksgiving marks the beginning of the holiday season and the few days prior to the actual day are the heaviest for airline travel.

No other holiday compares, even Christmas.

San Juan's International Airport, Luis Munoz Marin, was crowded at every departing terminal, gate and ticket counter Nov. 22. And that was just the passengers trying to get out of Puerto Rico.

Incoming travellers rivaled the departing crowds, as you would understand, if you had tried to buy a ticket anytime dur-

ing the month of November. (Hint- travelers are trying to get to Puerto Rico for the cruise ship departures.)

A rumor going around recently is that the airlines have rescinded the container rules for carry-on aboard flights. This is not true.

As a matter of fact, the Transportation Security Administration has recently emphasized the importance of not trying to board aircraft with liquid containers outside the accepted limits.

Jose G. Baquero, federal security director, Department of Homeland Security, Luis Munoz Marin International Airport, San Juan, held a press conference to disseminate the information travelers need to safely fly and what is and isn't allowed on-board aircraft (a comprehensive list can be found on Page 16).

In his remarks, Baquero said, "It is important for travelers to understand the 3-1-



Jose G. Baquero, federal security director, Department of Homeland Security, Luis Munoz Marin International Airport, San Juan shows the proper 3-1-1 method.

1 requirement. We have here (on display tables) what is and isn't acceptable."

TSA had set up tables showing many of the items that were and were not acceptable for carry-on aboard aircraft.

TSA officers described each of the items displayed and answered questions from the media detailing the requirements.

A lot of questions dealt with baby formulas and the TSA representatives reassured the questioners on what was permitted.

Baquero went on to say, "By following the 3-1-1 rules it will help expedite passengers going through security checkpoints. It is best to already have your items in the required clear plastic bags for the inspectors."

Wait times passing through security can be drastically reduced during holiday travel or at any other time by understanding and complying with the 3-1-1 rule.

Troops honored with X-mas tree

Samantha L. Quigley
American Forces Press Service

WASHINGTON — Draped in strands of red, white and blue lights, and crowned with an American flag, Louisville's biggest-ever Christmas tree was lit Nov. 24 in honor of all U.S. servicemembers.

But that wasn't the original plan, Wayne Hettinger, organizer of the annual holiday event, "Light Up Louisville," said. "We decided we were going to build an electronic tree that was 40 feet (tall) with a programmed lighting show," he said.

That was before he got a call from Scottie and Debby McCorkle of New Albany, Ind. The couple offered Louisville a tree from their property.

With plans for an electronic tree already under way, Hettinger was making no promises. "Then (Debby) said, ... the only thing that we're asking in return for the tree is that we dedicate it in the memory of the men and women serving in the military past and present," he said.

The perfectly-shaped, 65-foot Norwegian spruce presented some relocation challenges, however, Hettinger said.

Getting a flatbed trailer up the winding road that led to the McCorkles' residence on a wooded hill overlooking the Ohio River wasn't an option. Factor in that the tree was estimated to weigh at least 4 tons before it was cut, and the logistics were daunting. The tree, which ended up weighing in at 9 tons, required the services of something not in the city's fleet: a heavy-lift helicopter, Hettinger said. So he turned to the military.

"We ended up finding a Chinook unit, the 159th (Aviation Regiment) out of (Fort Eustis) Virginia that said that they could make it into a training exercise and help us out," he said.



Courtesy Photo

A Chinook helicopter from the 159th Aviation Regiment out of Fort Eustis, Va., moves a tree from its original location in New Albany, Ind., across the Ohio River to Kentucky.



Members of the Transportation Security Administration display several items they encounter during security checks. The status of these items can be found in the chart on Page 16.



Jose G. Baquero, federal security director, Department of Homeland Security, Luis Munoz Marin International Airport, San Juan, shows reporters the types of items that can be accepted using the 3-1-1 system.

FROM THE COMMANDER:



December:
Feliz Navi-
dad, Feliz Día
de Los Tres
Reyes Magos

On behalf the Headquarters and staff of the United States Army Garrison and Fort Buchanan I wish each and every one in the Fort Buchanan community Feliz Navidad, Feliz Año Nuevo and Feliz Día de Los Tres Reyes Magos.

This is the sixth Christmas and holiday season we have traveled while the nation is at war. The stress on our national psyche will grow and continues to grow. Those of us here at Fort Buchanan must remember, think about and pray for Soldiers and all deployed to the theater. They have given us the gift of security during the season of peace. We must remember, think about and pray for their families. They have given us the gift of their most loved family members who provide that security. Keep yourself alert for those isolated and without human connection and offer it this season. This is the time of year when isolation and loneliness become worse and unbearable. You can offer the gift of security here at home to the loved ones of those deployed. Taking care of those "in the rear" is one of the responsibilities of installations, but the human connec-



tion and the security it brings must be the task of us all.

As we look forward to 2007, we rededicate ourselves to the use of this precious resource – Fort Buchanan – for the greater good of the Army and all who are engaged in the safety and security of our nation.

Spend as much time with your family as possible during this season. An extra hug, a bedtime story or a quiet dinner alone with loved ones and friends are memories that last a lifetime and will sustain you when called upon to sacrifice

during the lonely times of the next deployment.

As you hear the refrains of "peace on earth, good will toward men" do not think them trite or quaint, or without meaning. Those sentiments are the intent of our nation and our Army. I recently purchased a copy of "War, Terror & Peace in the Qur'an and Islam: Insights for Military and Government Leaders" published by the Army War College Foundation Press. The dedication reads "To all people who try their best to bring more peace, understand-

ing, health, and happiness to all people throughout the world." It is our ultimate purpose for our charter document – The Declaration of Independence – appeals to those natural rights of all people – life, liberty and the pursuit of happiness – it is what we are about. Soldiers hate war, violence and fighting more than anyone – it is all too real to them. It is the courage, dedication and professionalism of America's Soldiers that will lead the world to a brighter, more peaceful future.

The tree of hope, the Ceiba tree at the Welcome Center, continues to bear yellow banners. Stop and look. Stop and reflect. Stop and say a prayer for those who remain away.

May God bless you during this season of joy, may He protect our Soldiers, Sailors, Marines, Airmen, Coast Guardsmen and civilians in harm's way, and may He always bless the United States of America and her people – and you.

Personnel Management outlines Christmas, New Year's pay policy

Nancy H. Kichak
Office of Personnel Management

Two federal holidays, Christmas and New Year's Day, both fall within the same pay period which begins on Dec. 24, 2006 and ends Jan. 1, 2007.

The pay and leave procedures for these two holidays are addressed below.

Pay and Leave for Christmas and New Year's Day

Christmas Day and New Year's Day are legal public holidays for pay and leave purposes for federal employees.

Full-time and part time employees are entitled to the same pay they otherwise would receive on a regular work day.

Employees who are regularly scheduled to work on one or both of these days are entitled to

time off with pay for the scheduled holiday.

Employees who are required to work one or both of these days are entitled to holiday premium pay for the number of hours in their regular tour of duty.

Full time employees who are not regularly scheduled to work on one or both days are entitled to a day off in lieu of the holiday. Part time employees are not entitled to an "in lieu of" holiday.

However, if an agency's office or facility is closed due to an "in lieu of" holiday for full time employees, the agency may grant excused absence (administrative leave) to part time employees who are otherwise scheduled to work on that day.

Employees must be in a pay status or a paid time off status (i.e., leave, compensatory time



off, compensatory time off for travel, or credit hours) on their scheduled workdays either before or after a holiday in order to be entitled to their regular pay for that day.

Employees on alternate work

schedules

Since Christmas Day and New Year's Day both fall within the same pay period, the holidays will affect employees who are on alternative work schedules (i.e., flexible or compressed work schedules).

A full time employee on a flexible work schedule is entitled to 8 hours of pay for each holiday when he or she does not work.

However, a full time employee on a 5/4-9 flexible schedule (or another flexible schedule under which he or she works more than 8 hours a day) must make arrangements to work extra hours during other regularly scheduled workdays (or take annual leave or use credit hours, compensatory time off, or compensatory time off for travel) in order to fulfill the 80 hour bi-

weekly work requirement.

On a holiday, employees on compressed work schedules are generally excused from all non-overtime hours they would otherwise work on that day and which apply to their "basic work requirement."

For example, if a holiday falls on a 9 or 10 hour basic work day, the employee's holiday is 9 or 10 hours respectively.

For additional information concerning holiday pay, see OPM's fact sheet on federal holidays at Web site <http://www.opm.gov/oca/worksch/HTML/HOLIDAY.asp>.

You may contact your assigned OPM Human Capital Officer for additional information.

Employees should contact their agency human resources office for assistance.



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Living Pattern Survey coming

Sally Devin
Resource Management

Active duty military with command-sponsored dependents in Puerto Rico are invited to participate in an online Living Pattern Survey, during December.

Conducted every three years, this survey is critical to military paychecks, as the results will affect the military 2007 Cost of Living Allowance.

More than a thousand active duty personnel, including Coast Guard personnel, are eligible to participate in the San Juan, Carolina, Bayamon, Fort Buchanan geographical area.

The LPS will ask service members to identify primary and secondary local outlets most frequently used by the participants and their families.

In addition, they will be asked to report the percentage of purchases made in off-base local stores compared to commissary or AAFES purchases, and compared to mail order and internet purchases.

Specifically, they will be asked to identify percentages of the total volume of what they buy from each source, not the total cost.

Spending for food consumed at home, food consumed away from home, clothing, personal care, tobacco and alcohol, car purchases, transportation, household operations, telephone, recreation, medical care, and day care are all included in COLA. Shelter expenses, taxes, life insurance, gifts and contributions are not included.

Once the off-base outlets are identified by LPS, selected Price Collectors will go to these stores to collect price data for a separate Retail Price Survey.

The Department of Defense will provide the LPS Web site on Dec. 1 to the Fort Buchanan Resource Management Office, who in turn will forward the information to the various military commands within the San Juan Metropolitan area.

Living Pattern Survey participants will be asked to use the last six digits of their Social Security

number as the Survey Ticket Number login. Participants can complete this at home with their family members.

Although the LPS will take only 15-30 minutes to complete, it does not have to be completed in one session. The survey allows participants to return to the survey if interrupted.

Participants with additional questions concerning the Web site can call 707-2739.



File Photo

The Living Pattern Survey will be conducted in December and help determine COLA rates.

Concert Dec. 13 at 7 p.m. in the school cafeteria.

The performance will feature several vocal and instrumental soloists; a jazz combo and the AMS Intermediate Band.

There will be holiday music as well as a variety of other styles.

Admission is free and refreshments will be sold during intermission.

The entire Fort Buchanan community is invited to attend.

Fitness center...

Guest fees for the Fort Buchanan Fitness Center for Buchanan employees and other federal employees have increased effective Dec. 1.

The guest daily fee will now be \$5 per person.

EFM program...

The Exceptional Family Member Program Web site contains important information relating to the program in Puerto Rico.

You can download forms, such as the Extended Care Health Occupation Registration form. You will also find the Department of Defense Special Needs Toolkit and the Army Community Service Financial Assessment Worksheet Tool.

There are links to pertinent web pages and Fort Buchanan Army Community Services events.

Veterans training...

Veterans' Small Business Resources Training, "Balancing Business and Deployment," will be Dec. 14, 9:30 a.m., Bldg. 1019.

The training will be a comprehensive business training guide to promote Small Business Administration program information

and assistance for self-employed Reserve and Guard members prior to, during and following mobilization and de-mobilization.

For more information and registration, contact Ivette Davila at 707-3365.

Christmas parade...

Are you or someone you know interested in participating in the Christmas Parade Dec. 8?

If so, contact Carmen Soto for more information at 707-3778 or 247-5677.

Army training..

Army Training Requirements and Resources System on-line offers personnel the ability to view their official military and civilian training records.

You can access it via the AKO Web site through your CAC card. Click on the self service window and go to My Training followed by the ATRRS on-line window located at the right bottom of the screen. Then, click on the upper left side, Individual Training Record. Your name and training record will appear.

AUSA meeting..

The next AUSA meeting will be Dec. 16, Noon, at Antonio's Restaurant, 1406 Magdalena Ave., Condado. Luncheon cost is \$25. RSVP to Irma Melendez at 759-4465.

Let it snow...

This December it's going to snow at Fort Buchanan.

A group of judges will be visiting offices Dec. 14, 9 - 11 a.m., to select the directorate with the biggest snow storm.

There are a lot of surprises for the directorate selected.

Get creative and start decorating and "let it snow" at Buchanan.

Wounded Soldiers need assistance

El Morro Staff

Editor's Note: Walter Reed Medical Center has asked for assistance for wounded Soldiers. The following was received recently.

The wounded, being treated at the hospital, include all branches of the Armed Forces (Army, Marines, Sailors, Air Force, National Guard, and Coast Guard, both men and women). The Family Assistance Center provides assistance to the wounded during their stay at the hospital and the family member (normally spouse or mother of the wounded individual).

Because of the land mines and improvised explosive devices, there are many amputees in wheelchairs that must be pushed from place-to-place within the hospital and grounds, and from their quarters to the various clinics. When wounds are from mines and IEDs, they include multiple wounds to all parts of the body involving all clinics at the hospital.

Because of the expedient method to get them from the battlefield to Walter Reed Army Medical Center, the wounded arrive with nothing.

Their personal items are in Iraq or Afghanistan to be shipped to them later. Therefore, the wounded men and women need many critical items to sustain them.

If you would like to contribute items, the address to mail the items to (or drop off items) is —

WALTER REED ARMY MEDICAL CENTER
MEDICAL FAMILY ASSISTANCE CENTER
BUILDING 2, 3RD FLOOR, ROOM 3E01
6900 GEORGIA AVENUE, N.W.

WASHINGTON, D.C. 2001

Items Soldiers need are —

- Prepackaged candy, cookies, and crackers (no homemade).
- Weight lifting gloves (for wheelchair patients - and there are many of them).
- Pillows stuffed with polystyrene beads (very soft).
- Postage stamps.
- Pre-Paid Phone Cards (120 Minute and up).
- Flannel Pajamas.
- Shoes (size 9-12).
- Sweatshirts / Jackets (zipped & hooded).
- Break-away trousers (snaps or zips along legs).
- Coats & jackets (cold weather).
- Gloves (cold weather).
- Scarves (cold weather).
- Backpacks (all black with single strap across the chest).
- Carry-on size luggage (with wheels if possible).
- Electric razors.
- Umbrellas.
- Credit cards, prepaid gas, gift cards and food for Giant & Safeway stores nearby).
- Portable DVD players
- DVDs -Action to Comedy (use common sense as far as content and subject).
- Portable CD players and CD's.



Courtesy Photo

"So this is what it's like to get blown up." Those were the words of Spc. Carl Jackson, 108th Armor, attached to Alpha Company, 4th Alabama, 3rd Platoon. Jackson was wounded Aug. 28, 2005 while patrolling the rural roads around Mahmudiya, Iraq. The truck Jackson was riding in ran over an IED. He is one of the many Soldiers recuperating at Walter Reed Hospital. The Soldiers taken to Walter Reed have little with them when they are transported. They are all in great need of the ordinary items we take for granted. Any assistance that can be extended, especially during the holiday season, will make their stay better. Show you care by sending some of the items above to the hospital for distribution. The rehabilitation of wounded Soldiers is long and arduous. Your help is needed in that effort.



Post Talk

Holiday Bazaar...

A Holiday Bazaar will be held Dec. 9 - 10 in the AAFES parking lot.

Saturday hours are Noon to 10 p.m.. Sunday hours are Noon to 7 p.m.

Selling spaces are available for \$50 per day.

For more information, contact event coordinator Carmen Soto at 707-3778 or 247-5677.

New Year's Eve...

There will be a New Year's Eve celebration at the Community Club, Dec. 31, 8 p.m. to 1:30 a.m.

There will be live entertainment, dinner, dancing, party favors and a continental breakfast.

Admission for adults, 18 or older, is \$90 per couple; \$50 per single.

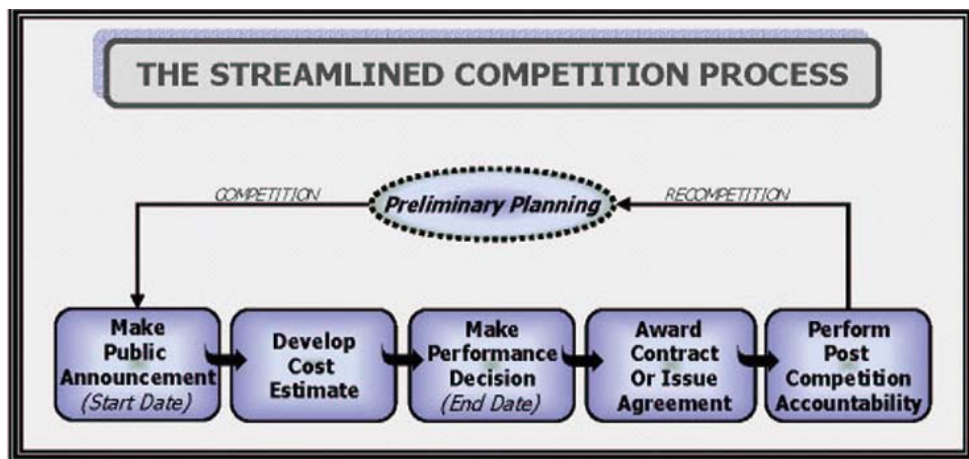
Tickets are sold at the Community Club between 8 a.m. and 3 p.m.

For more information, call 707-3535, ext. 200.

Winter concert...

Antilles Middle School will present its annual Winter

IMC– Southeast conducts A-76 competition at Fort Buchanan, San Juan, PR



El Morro Staff

The Army is conducting a cost comparison study of the Public Works and Logistics functions at Fort Buchanan, San Juan, Puerto Rico to determine the feasibility of continued performance by government workforce versus private sector performance. The competition is under the auspice of the Installation Management Command – Southeast Region.

Currently, there are approximately 150 civilian positions affected by the competition. Decisions to convert functions to contract will be made only if the competition indicates that significant savings of tax dollars can be achieved. If such decisions are made, Congress and the public will be notified of the results of the competition.

The competition will compare private industry proposals to a government proposal to modernize and change the operation to best serve its customers. In conducting the competition, Fort Buchanan will follow the policies and guidance prescribed by the Office of Management and Budget (OMB) Circular A-76, Revised 29 May 2003, Army Regulation (AR) 5-20, Competitive Sourcing Program, issued 23 May 2005, and current Office of Secretary of Defense guidance and policy.

The A-76 process is intended to achieve efficiencies and economies in the performance of recurring commercial activities, whether by government personnel or the private sector, with no degradation in national security or in the discretionary exercise of government authority. The process offers a fair and effective approach for achieving savings and garnering efficiencies.

The competition will provide an opportunity to streamline the organization, implement best business practices, increase productivity, enhance quality, increase efficiency of operations and lower operational costs.

For additional information, call Mr. Jose Pagan, Public Affairs Officer, (787) 707-4487.

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A76 Questions & Answers

Ques. - Why is Installation Management Command starting this initiative?

Ans. - Competitive Sourcing, A-76 competition, focuses on generating efficiencies and cost savings through competition.

A-76 is a critical component of the IMCOM long-term plan to reduce the cost of delivering installation support services to the Army.

By making Army operations more efficient through competition with the private sector and to free up resources for the Global War on Terrorism and to generate further flexibility and contribute at the macro level to our ability to re-allocate much needed resources across the garrison, region or IMCOM.

In addition, the A-76 process becomes a forcing function to help IMCOM more accurately assess service output levels and performance standards for many of the services garrisons provide.

Ques. - What is Office of Management and Budget OMB Circular A-76?

Ans. - OMB Circular A-76 establishes the formal federal policy for the competition of commercial activities.

The circular establishes the formal competition process, the requirements of each step within the process and establishes the post competition accountability requirements each agency must perform.

Ques. - What is Army Regulation AR 5-20?

Ans. - AR 5-20 provides specific guidance for implementation of the Circular and additional requirements within the competition process for the Army's major commands and Field Operating Agencies.

AR 5-20 is the Army policy implementing OMB circular A-76.

Ques. - What happens when a function is announced for an A-76 Study?

Ans. - Both the government and private sector have an opportunity to bid for the work.

The study involves the development of a Performance Work Statement, which serves as the cornerstone of the government's solicitation for bids that both the government provider of services and private firms use as the basis for developing their bids upon which either the government or contractor is selected to do the work.

Ques. - Why was my job selected for a competitive sourcing competition?

Ans. - Public Law 105-270, the Federal Activities Inventory Reform Act of 1998, requires that all government agencies annually review the work its employees perform.

Each agency is required to determine which functions (work) are inherently governmental and which functions are commercial in nature and can be competed with private industry.

Your job is deemed to be commercial in nature and eligible for competition.

Ques. - What is an "inherently governmental" activity?

Ans. - The circular defines an inherently governmental activity as an activity that is so intimately related to the public interest as to mandate per-

formance by government personnel.

Ques. - What is a commercial activity?

Ans. - A commercial activity is a recurring service that could be obtained appropriately from a private sector source.

Ques. - What is the first procedure of competitive sourcing?

Ans. - An agency shall make a formal public announcement (at the local level and via FedBizOpps.gov) for each streamlined or standard competition.

The public announcement shall include, at the minimum, the agency, agency component, location, type of competition (streamlined or standard), activity being competed, incumbent service providers, number of government personnel performing the activity, name of the competitive sourcing official, name of the contracting officer, name of the agency tender official, and projected end date of the competition.

The public announcement date is the official start date for a streamlined or standard competition.

Ques. - How should the workforce be involved with the cost comparison?

Ans. - Some will simply be asked to provide information about what they do.

Others will have a more comprehensive involvement, perhaps serving on various teams.

This will afford them a more in-depth knowledge of collected information, the results of analyses and proprietary plans.

These workers must understand their responsibility not to disclose information prior to public release and of the potential for conflicts of interest.

Installation legal and contracting personnel can be especially helpful in explaining these concepts and responsibilities early in the process.

The A-76 process is flexible enough to ensure both current and projected future workload is used as the basis for the performance work statement.

The fact that the expected growth or decline in workload must be examined makes this an opportune time to begin assessing the impact of BRAC and other initiatives on the garrison workload.

Points of Contact

- Garrison Commander at (787) 707-3440.

- * Garrison Public Affairs Office at (787) 707-5776.

Policy guidances

- DoD Interim Guidance- Waivers To the A-76 Cost Comparison Process.

- DOD Instruction 4100.33 (See 3a. Notification).

- * Army regulation AR 5-20, Commercial Activities (See Chapters 1.4 and 4.6).

Editor's Note: Fort Buchanan has already had several meetings concerning A-76 with the affected directorates on the garrison.

A-76 staff members have answered questions and briefed personnel at various mini-townhalls in the past quarter.

At present, workers should be acquainted with the process and the relative time frames.

Flu shots season begins for PR



File Photo

Daniel Rodriguez
Rodriguez Army Health Clinic

Influenza, also known as the flu, is a contagious disease that is caused by the influenza virus. It attacks the respiratory tract in humans (nose, throat, and lungs).

The flu is different from a cold. Influenza usually comes on suddenly and may include these symptoms — fever, headache, tiredness (can be extreme), dry cough, sore throat, nasal congestion and body aches.

These symptoms are usually referred to as “flu-like symptoms.”

Each year in the United States, between 5 and 20 percent of the population is infected with influenza, about 36,000 people die and more than 200,000 people are hospitalized because of influenza complications.

Immunization remains the primary method of reducing influenza illness and its complications. Two forms of influenza vaccine are distributed in the United States, an inactivated vaccine given by injection and a live attenuated (weakened) vaccine sprayed into the nose.

Injectable influenza vaccine reduces the risk of influenza infection by 70% to 90% in those immunized. Intranasal influenza vaccine reduced the risk of influenza infection or illness by 85%

in children and adults during clinical studies. Immunity develops within 10 to 14 days following immunization.

While the best time for vaccination is October and November before the influenza season typically begins, vaccination can still provide protection in December and later because during most years influenza does not peak until February or later.

Since influenza is unpredictable, and different types and strains of influenza circulate throughout the flu season, the CDC’s Advisory Committee on Immunization Practices recommends that influenza vaccine be offered throughout the influenza season — even after influenza has appeared or begun appearing in a community.

To continue orienting our beneficiaries and the entire Fort Buchanan community, Rodriguez Army Health Clinic wants to inform that we will be providing injectable influenza vaccines to active duty personnel enrolled to our facility and deployed Soldiers or with deploying orders.

Clinica Las Americas in Guaynabo will provide the vaccine to all family members enrolled to their facility and Veterans Administration Hospital to all veterans.

For more information, contact the RAHC appointment line at 707-4394 or Immunization Clinic at 707-2576.



Courtesy Photo

Pentagon Channel program focuses on military children

David Mays
Pentagon Channel

WASHINGTON — “I send him off with a kiss goodbye, although I understand that he may die.”

Those are words from a poem written by a third-grader named Gloria who lives with her family at Ramstein Air Base in Germany. She concludes her poem this way: “I serve too.”

That child’s sentiment is the subject and title of the Pentagon Channel’s new half-hour documentary “Recon.” The show will be repeated throughout the holiday season. The show will also be available via podcast, vodcast and video on demand.

“Coping with family separation,

fear for a parent, and trying not to let their pain show are things many military children experience,” said Recon host Air Force Master Sgt. Daniela Marchus.

The documentary introduces viewers to a military family who experienced deployment to a war zone firsthand and explores how their children dealt with the painful reality.

“Being without your dad when you’re 8 years old is a big deal,” said Army Reserve Capt. Arthur Rizer, who was deployed to Iraq last year for 15 months with just three weeks’ notice. “I can only imagine what his little heart and mind were going through.”

Directorate of Information Management

Buchanan Collaboration Portal (Intranet)

A Quick Reference Guide for Fort Buchanan Network Users



What is an Intranet ?

An intranet is a restricted-access network that works like the Web, but isn't on it. Usually owned and managed by a company, an intranet enables a company to share its resources with its employees without confidential information being made available to everyone with Internet access. It is a local area network (LAN) used internally in an organization to facilitate communication and access to information that is sometimes access-restricted. Sometimes the term refers only to the most visible service, the internal web site. The same concepts and technologies of the Internet such as clients and servers running on the Internet protocol suite are used to build an intranet.

What Intranet Solution is available in Fort Buchanan?

The Fort Buchanan Information Management Directorate offers a Collaboration Portal as an Intranet solution. Developed under MS SharePoint this tool is available to all users within the Fort Buchanan Community. You can access this site by typing the following address in your browser, <http://buch2ws01>.

Web Collaboration Portal

The Collaboration Portal Server is an intelligent portal that seamlessly connects users, teams, and knowledge so that people can take advantage of relevant information across business processes to help them work more efficiently.

Collaboration Portal Benefits:

Create a complete view of your business.

Access all of the information, documents, and applications that you use through Portal Server. Find and reuse timely and relevant information from systems and reports, and quickly locate and access documents, projects, and best practices by searching or browsing—all through the portal.

Put relevant information at your fingertips

Be more productive by having immediate access to up-to-date, relevant information. Audience targeting enables you to customize an experience for you based on your role, hierarchy, or interests—pushing relevant news, links, files, applications, and Web Services to the portal.

Share knowledge across the organization.

Make it easy for business units, teams, and individuals to contribute content to the portal. Business units can integrate their Team portal into the Garrison portal, enabling them to share knowledge with other units. Teams can easily make the content in their sites discoverable through the portal through browsing or searching, and portal users can publish documents and best practices to the rest of the organization by adding them to the public view of their sites



A Message from the DOIM Director...

As the single, IT Provider for Fort Buchanan, the DOIM is here to assist garrison directorates and tenant activities with any issues relating to the planning, procurement, installation, and support of telecommunications and information systems. Our dedicated IT personnel are committed to providing the highest quality service and minimizing operational downtime, due to IT-related issues. Feel free to contact the DOIM Help Desk for any questions or concerns you may have regarding the information contained herein or any other IT-related matter. Your feedback and opinion are important to us. Please remember to let us know how we are doing by visiting the [Interactive Customer Evaluation \(ICE\)](#) website and submitting your comments, concerns, or questions.

With the Fort Buchanan DOIM, you get "IT"!

If we all give; It adds up...

\$1 a pay period = \$26 a year x 650 donors = \$16,900 a year

\$2 a pay period = \$52 a year x 650 donors = \$33,800 a year

\$3 a pay period = \$78 a year x 650 donors = \$50,700 a year

\$5 a pay period = \$130 a year x 650 donors = \$84,500 a year

\$10 a pay period = \$260 a year x 650 donors = \$169,000 a year

\$20 a pay period = \$520 a year x 650 donors = \$338,000 a year

Outreach program visits Toa Baja

Officer Felipe Deida
Crime Prevention/ D.A.R.E.

Recently the Department of Emergency Services Police Services Division visited the Toa Baja Altinencia Valle Santana Middle School during special education week as part of Fort Buchanan's outreach program.

Presentations included a Military Working Dog (K-9), police investigation, D.A.R.E./Crime Prevention and Traffic Sections were provided to students ranging from Kindergarten to 6th grade.

The school principal, Ms. Josefina Marrero, welcomed the DES team with open arms providing a gracious welcome from the students, parents and faculty members. The audience embraced us with hospitality and friendship for the Fort Buchanan DES Police Services team.

The presentations addressed topics on personal safety, drug abuse, traffic rules, individual responsibility, and in-

vestigation techniques.

The closing event of the visit was a presentation by Buchanan DES Officer Victor Sierra, Officer Antonio Rivera and Staff Sgt. Quadtrecus Nealon who demonstrated the art of dog handling and response techniques.

The crowd was amazed by the handler's commands and retreat given to the dogs by the two officers. The officers also provided scenarios, where the canines performed search techniques and how they detected hidden drugs demonstrated by their sense of smell.

Fort Buchanan Police Chief Vincente Gonzalez commented that, "This event clearly demonstrates that the U.S. Army, especially the Fort Buchanan community, not only is a war fighting organization but that we also contribute and support positive partnerships against the use of drugs, violence and personal safety."

The outreach program ended with signing of autographs, photos, and mementos for the students and faculty.



Photos by Officer Felipe Deida

Daren the Lion passes out mementos to students of Toa Baja Altinencia Valle Santana Middle School during Special Education Week.



As part of Special Education Week, Fort Buchanan's DES Crime Prevention/D.A.R.E. program visited Toa Baja Altinencia Valle Santana Middle School.



DES Officer Felipe Deida and Daren the Lion visited Toa Baja Altinencia Valle Santana Middle School for Special Education Week.



Staff Sgt. Quadtrecus Nealon gives "silent" commands to his Military Working Dog. The children watch from the school's second story walkway.

Military Family Day celebrated by Antilles Middle School

El Morro Staff

Military Family Month was celebrated at Antilles Elementary School Nov. 21.

Students and teachers prepared a program dedicated to all the military community of our school.

The school principal, Joseph Motolenich, gave a warm welcome to our military families during the ceremony organized by AES Activity Director Lizabeth Moreira.

Among the activities were two songs performed by AES students entitled, "We Would Like to Thank Our Veterans" and "Hats Off for the Red, White and Blue." There was a military prayer, an acrostic titled "MILITARY," yellow ribbons, drawings, posters, banners and letters dedicated to the military families.

The Antilles High School ROTC Color Guard, under the direction of Cadet Col. Tiffany Colon, proudly showed the true colors of our nation.

Eva Coriano, Second Grade teacher, acted as the Master of Ceremonies throughout the assembly.

Arcia Martinez sang the American and Puerto Rico National Anthems and Enid Lopez, directed the songs.

Standing to honor military families was the theme and parents in uniform represented all branches of the Department of Defense. Each service was honored for volunteerism to the school community and for selfless dedication to the nation.

Afterwards, military families and guests enjoyed a breakfast sponsored by AES Parent Teacher Organization.



Courtesy Photo

Members of each military branch were feted at the Military Family Day observance at Antilles Middle School Nov. 21

Xmas Safety

Alberto Velez
Ft. Buchanan Safety Office

The holidays are exciting and fun, filled with the blessings of Christmas and hope for the New Year. For some families, celebrations turn to tragedy when people are careless with seasonal decorations, lighting and food.

The safety of you and your family is of the utmost importance. By taking simple precautions, you can greatly reduce your chances of accidents and mishaps. This article gives you holiday safety tips for a secure, hazard-free holiday season.

Christmas lights

How many times have you purchased a new light set, extension cord or portable heater and put it to use without reading the instructions? It's a common scenario that most of us are guilty of — but not without risk.

Take the time to read through the manual to ensure that you've assembled the merchandise properly and followed the directions for use.

Cords

Along with the holidays come extension cords galore. This is risky when it comes to electrical shock and fire hazards. Check the voltage and make sure that the cords you use outside are certified for outdoor use.

Don't put anything on top of a cord and never use sharp objects such as nails, staples or tacks to secure the cord. Don't overload a circuit and make sure they're grounded. Keep all cords away from water or damp areas. Always turn off lighted decorations and tree lights when left unattended.

Christmas trees



Many trees offered at garden centers and discount store parking lots have been cut weeks before you buy them. You may not be aware of just how dry the needles on the trees are and the fire hazards that come along with them.

Tips for decorations & ornaments

Small decorations and ornaments can cause a choking hazard. If young children or pets will be celebrating the holidays in your home, decorate accordingly. When trimming the tree, put smaller ornaments out of reach, near the top. Avoid ornaments that look like candy such as fake candy canes, gumdrops and cookies. Choose tinsel that is labeled "lead-free" or opt not to use it at all.

Candles are beautiful and aromatic, but every time you light one, there's a hazard of fire and hot wax. Keep them out of the reach of children and never leave one unattended. Glitter can get into the eyes, nose or mouth. Glass decorations can break and cut skin or be swallowed. Use common sense and anticipate problems.



Annual Marine Corps toy drive benefits children

Toys for Tots Foundation

Toys for Tots began in 1947 when Major Bill Hendricks, USMCR and a group of Marine Reservists in Los Angeles collected and distributed 5,000 toys to needy children. The idea came from Bill's wife, Diane. In the fall of 1947, Diane handcrafted a Raggedy Ann doll and asked Bill to deliver the doll to an organization, which would give it to a needy child at Christmas. When Bill determined that no agency existed, Diane told Bill that he should start one. He did. The 1947 pilot project was so successful that the Marine Corps adopted Toys for Tots in 1948 and expanded it into a nationwide campaign. That year, Marine Corps Reserve units across the nation conducted Toys for Tots campaigns in each community in which a Marine Reserve Center was located. Marines have conducted successful nationwide campaigns at Christmas each year since 1948. The initial objective that remains the hallmark of the program today is to "bring the joy of Christmas to America's needy children." Bill Hendricks, a Marine Reservist on weekends, was in civilian life, the Director of Public Relations for Warner Brothers Studio. This enabled him to convince a vast array of celebrities to support Toys for Tots. In 1948, Walt Disney designed the Toys for Tots logo, which we use today. Disney also designed the first Toys for Tots poster used to promote the nationwide program. Nat "King" Cole, Peggy Lee, and Vic Damone recorded the Toys for Tots theme composed by Sammy Fain and Paul Webster in 1956. Bob Hope, John Wayne, Doris Day, Lorie Morgan, Tim Allen, Kenny Rogers and Billy Ray Cyrus are but a few of the long list of celebrities who have given their time and talent to promote Toys for Tots. First Lady Nancy Reagan served as the national spokesperson in 1983. First Lady Barbara Bush served as the national spokesperson in 1992 and in her autobiography named Toys for Tots as one of her favorite charities.

From 1947 through 1979, Marines col-

lected and distributed new and used toys. On Reserve drill weekends during October, November and December, Reserve Marines refurbished the used toys.

From Christmas 1980 through the present, Marines have collected and distributed only new toys. Three factors dictated this change. First, the Secretary of Defense's Total Force Program, introduced in the 1970s, assigned Reserves a greater role in America's defense posture. As a consequence, Reservists had to dedicate every minute of weekend drill time to honing and polishing combat skills. No time was available to refurbish toys. Second, public awareness of the health and safety aspects of toys that developed during the 70s made distribution of used toys legally inadvisable. Third, distributing "hand me down" toys does not send the message Marines want to send to needy children. The goal is to deliver a message of hope, which will build self-esteem and, in turn, motivate needy children to grow into responsible, productive, patriotic citizens and community leaders. A shiny new toy is the best means of accomplishing this goal.

In the late 1980s, the Marine Corps determined that a non-profit charity was needed as an integral part of the overall national Toys for Tots program. Based on this need, the Secretary of Defense, in August 1991, authorized the Marine Corps to recognize and work with a charity committed to supporting Toys for Tots. Based on this approval, the Marine Toys for Tots Foundation became an operational organization in September 1991. The Foundation was able to satisfy the five needs identified by the Marine Corps.

First, the Foundation could provide toys to supplement the collections of local units that had fewer Marines due to military cutbacks of the 80s and 90s.

Second, the Foundation could arrange and pay for the creation, publication, manufacture and distribution of promotion and support materials to Toys for Tots coordinators - something the declining budgets prevented the Marine Corps from doing any longer.

Third, the Foundation could enable individual and corporate donors to Toys for Tots to take a charitable deduction on their income tax returns.

Fourth, the Foundation could enter into contracts with corporations to conduct promotions, which would produce royalties for Toys for Tots.

Fifth, the Foundation could ensure that the Toys for Tots program operates in compliance with IRS regulations, state laws and regulations and charitable standards.

In 1995, the Secretary of Defense approved Toys for Tots as an official activity of the U.S. Marine Corps and an official mission of the Marine Corps Reserve.



File Photo

The Toys For Tots Foundation operates collection and distribution networks worldwide. These children are from South America.

Voucher program ready for holidays

Freddie Giddens
MWR Director

Once again, Army Community Service will sponsor the Holiday Voucher Program. The program will issue eligible active duty Soldiers and family members a food voucher to purchase items in the Commissary for their holiday dinner.

This program is intended to supplement the holiday dinner for eligible Soldiers and their family members. There is no rank restriction, each nomination will be considered on an individual basis.

To be eligible for a holiday voucher, the following criteria must be met —

- The Soldier must be active duty.
- The Soldier must be experiencing financial hardship.
- The Soldier must be nominated by his/her commanding officer or 1st Sergeant.
- A nomination memorandum must be completed and signed by the commanding officer or 1st Sergeant. Additional comments will assist us to determine those families most in need.

Situations to be considered by the commanding officer or 1st Sergeant —

- Pay grade of Soldiers.
- Soldiers with large families.
- Recent loss of employment by spouse.
- Referrals by Family Readiness Group leaders.

One memorandum for each Soldier to reach ACS no later than Dec. 12, 2006. Nominations received after Dec. 12 will not be considered. Nominations not signed will not be considered.

The Financial Readiness Manager will notify commanding officer or 1st Sergeant via email by Dec. 14 of approved Soldiers in their command.

Commanders will notify voucher recipients that checks will be ready for distribution Dec. 15, 18 and 19, 9:30 - 11:30 a.m. and 1-3:30 p.m. at Bldg. 1019 D, Buchanan Heights.

Soldiers delivering nominations in person should leave them in the Financial Manager's office inbox that is located in Bldg. 1019 D, Buchanan Heights.

The food voucher may be used for food items only.

For further information, contact Arlene Romero, manager, Financial Readiness Program at (787) 707-3310.

DPW offers advice on holiday lights, hurricane shutters

Ivette Robles
DPW

Holiday lighting in family housing

Jingle bells, jingle bells, it's Christmas once again. It's time for Santa Claus, mistletoes and family gatherings. It's time to string up the lights, play some carols and decorate your home for Christmas. While decorating for Christmas is filled with fun, it can also be overwhelming and costly. However, it doesn't have to be that way. To help keep the joy and fun in Christmas decorating, the following guidelines are provided and can be found in the Fort Buchanan Housing Handbook:

- Decorations and signs should be in good taste and not offensive to the public.

- Inside lighting is limited to encourage energy conservation.

- Outside lighting is required to be weatherproof and is limited to three sets of fifty, 3 feet medium lights, or five sets of 75 feet of miniature lights.

- Operation of Christmas lights will be from 1800-2300 Monday through Sunday.

- Exterior installation of Christmas decorations can begin the first week of December and must be removed no later than the 13th of January 2007.

Hurricane shutters —

Nov. 30 marked the end of Hurricane season. Army Family Housing residents can safely remove their hurricane shutters.

If assistance is required, please call 707-3256/3433/3284.

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The Bah-Humbug of holiday joy — ethics advice

Ft. Buchanan ILO

Just when holiday spirit is at its peak and plans for festive décor and celebrations are beginning to gel, Enter — Scrooge.

The jingle you hear during the holidays generally cannot be that of the public fisc. Abuse of public trust, however unintentional, by unauthorized use of public resources or funds is enough to sour the New Year for the jolliest government employees. Here are a few fiscal and ethical pitfalls to avoid:

Before addressing specific issues, I must point out that we need to be sensitive to the fact that not all of us celebrate the same holidays. What we call the celebration, how we refer to the



season, in our official capacity, should reflect this sensitivity.

At times, generic holiday references may be the most appropriate greeting.

However, the intent of this cautionary statement is not suppress your constitutional right to express your religious freedoms in whatever way you see fit in your individual capacity; so don't feel that just because you work at a federal agency, you have to bow to the god of political correctness by greeting one another with a "Happy Winter Solstice Various Occasion Recognition Time!" instead of being allowed to say — "Merry Christmas! or Happy Hanukah!"

You get the point, use common sense and good judgment. If you have questions regarding what may or may not be appropriate, contact your ethics counselor.

Use of Government time

Some holiday celebrations may occur on government time, but only up to a point. Time taken for an actual event — perhaps a "pot luck" in the office, or a luncheon at a restaurant — is not typically an issue.

However, preparation for these events can create issues.

Supervisors may permit some use of duty time for preparations.

However, preparing holiday events should not become a significant part of any employee's duties. Example —

- A decorations committee should not spend a duty day visiting party shops, followed by another workday organizing decorations.

However, a brief planning session on government time, followed by a few telephone calls to party shops, with visits and purchases made after duty hours, and with decorations made during lunch periods or after the duty day, would be permissible.

Fundraising

The general rule of "no fundraising in the federal workplace" still exists.

For special activities usually promoted during the holidays such as "Angel Tree" or "Toys for Tots" donations, consult your ethics counselor if you have questions.

As a limited exception to the general rule of no fundraising in the federal workplace, DoD Joint Ethics Regulation, 5500.7-R, permits employees to raise money among their members for their own benefit when approved by the head of the organization and the ethics counselor. The activities should be kept low key and use minimal government time.

Outside sources (local restaurants, car dealerships, department stores, professional associations, and contractors) may not be solicited for donations, to include door prizes.

Raffles may not be used to raise money for office functions.

Contractor Employees

Contractor employees may at-



tend our celebrations. However:

There should be no official encouragement for someone else's employees to leave their workplace.

We can let it be known that they may attend and will be a welcome part of the event.

Contractor employee time off, and the nature of the time off (leave, personal day, administrative absence) is between the contractor and its employees.

When a contractor's employee is absent, the contractor cannot bill for services not delivered, and may have concerns about issues such as contract schedules, delivery dates, and other matters.

Accordingly, the contractor must decide if, and under what



conditions, its employees may be absent.

Contractor employees may not be tasked, or asked to volunteer, to organize holiday events. More information may be found regarding contractors under the pertinent subject matter heading.

Gifts

With the holiday occurring during a time in which the nation is at war, questions may arise concerning gifts to soldiers who are deployed or injured and hospitalized.

What may sound like a good idea, despite the most altruistic motives, may not always be the right or legal thing to do.

Although general gift provisions still apply, SOCO has recently issued updated guidance.

Should this issue arise in the workplace, please contact the Ethics counselor for advice.

Gifts among employees may be exchanged during the holiday season.

However, be mindful of appearances.

It requires good judgment to avoid creating the perception of partiality or favoritism. Gift-giving in the workplace should be even-handed and democratic in spirit. No one should be left out. Some specific rules apply —

- The value of a holiday gift to a superior is limited to \$10 and you may not solicit contributions from other employees.

There are no restrictions on gifts to peers and subordinates.

- We may not accept a gift from anyone who makes less money than we do as a federal employee, unless there is no superior-subordinate relationship, and there is a personal relationship that would justify the gift. If there is no personal relationship, one may not accept the gift from someone who makes less money. Again, the exception would be for a gift where the value does not exceed \$10, with no soliciting of contributions from other employees.

- We may have a gift exchange among employees.

If it is an anonymous exchange, a reasonable value should be established for the individual gifts. (If it is not anonymous, \$10 is the limit.)

If contractor employees are

participating in an anonymous gift exchange, they should be held to the same gift limit as federal employees (even though limit on gifts from contractor employees is \$20 per occasion and no more than \$50 in the aggregate for the calendar year).

Attendance at parties

All employees and contractor employees are free to attend a private party hosted by a Federal employee. Food, refreshments and entertainment may be shared and enjoyed. Subordinates may bring hospitality gifts, such as a bottle of wine, but they must not be lavish. Hospitality gifts are not strictly limited to \$10 in value, but this should be a guide. However, hospitality gifts from contractor employees are strictly limited to \$20 in value. Ideally, hospitality gifts will be edible.

Federal employees may accept free attendance at a private party hosted by a contractor or a contractor employee if any of the following conditions apply. If none apply, then the invitation



must be declined or the employee must pay for attendance.

- The average cost per guest does not exceed \$20.

- The invitation is based on a bona fide personal relationship with the contractor employee—not just a congenial office relationship.

- The party qualifies as a "widely-attended gathering"—that is, there will be more than 20 attendees representing a diversity of views and backgrounds, and the employee's supervisor determines (after consulting with the Ethics Counselor) that it is in the agency's interest for the employee to attend.

- The contractor is having an open-house, open to the public or to all government employees or military personnel in the area.

- The invitation is offered to a group or class that is not related to government employment, such as all GEICO, PFCU or USAA customers.

- You have been assigned to represent the Army at an official function (such as an embassy event).

You may accept free attendance at a party hosted by someone who is not a prohibited source (that is, someone who does not

do business with the Army) as long as no one in attendance is being charged for the event.

Holiday Greetings

Appropriated funds may not be used to purchase holiday greeting cards. Subordinates may not be given the task of pre-



paring or addressing personal greetings. Finally, official resources—including paper, printers, envelopes and postage—may not be used for holiday greeting cards.

DoD 4525.8-M, DoD Official Mail Manual 30 Jul 87, Chapter 3, para. P9, does authorize organizations to use appropriated fund postage for holiday greetings when required for international diplomacy.

Electronic greeting cards with digital photographs, video, sound, or other large file attachments may not be transmitted on official Army systems.

Further, sending such messages with executable attachments, including files that end in ".exe" or ".jgb," (such as Santa Bowling for Dwarves) or opening such attachments is not appropriate. This prohibition does not apply to transmitting or sharing "hot links" to holiday greeting sites.

Alcohol

Consistent with paragraph 1-33, AR 600-85, Army Substance Abuse Program, official and unofficial functions will not encourage or glamorize consumption of alcohol, and alcoholic beverages may not be given as prizes.

Conclusion

Employees may plan and participate in holiday events. And, while some limited use of government resources and time is permitted, we must use common sense and good judgment.

This paper is a synopsis of ethical and fiscal rules, and does not encompass the entire content of applicable law and regulation.*

If you have any questions, contact your Ethics Counselors 707-5163, or email <william.g.latimer@us.army.mil>.

*This paper is a compilation of the efforts of fellow ethics counselors that has been revised and updated.

All guidance is based on the Joint Ethics Regulation and other applicable Army regulations.

301st MP Co. FRG attends Family Readiness Academy

Story and Photos by
1st Lt. Hector Prieto
301st Commander

The 301st Military Police Company's Family Readiness Group attended the Family Readiness Academy conducted by the Fort Buchanan Family Readiness Programs Office Sept. 22 - 24 at the Westin Rio Mar Hotel in Rio Grande.

"This is the first formal educational activity for our FRG involving the chain of command and the unit's FRG leadership. We had the opportunity to learn from the instructors, share with other volunteers and members of other units, and gather ideas for activities to implement in our own FRG," 1st Lt. Hector Prieto, commanding officer, 301st MP Co., said.

The training academy was put together by Sonia Roca and her staff and consisted of classes, scenarios, and situations affecting the reality of the many families with deployed Soldiers supporting the Global War on Terrorism.

From organizing an FRG, defining the roles of every leader and volunteer, knowledge of the

required forms and regulations, to services, aid and help available to the volunteers and family members, virtually every subject was addressed at the academy.

Translators were also available tailoring the classes to those who only spoke English or Spanish.

With the use of a headset students received the block of instruction in their preferred language, leaving no one behind.

Attendees for the 301st MP Co. included their FRG leadership — Deborah Ruiz, FRG Leader; Marlene Rivera, FRG Liaison; Clara Marin, FRG Treasurer; Maria Grajales, FRG Secretary; Yajaira Navarro, Telephone Tree Caller and Command Sergeant Major Rene Rivera, FRG Volunteer.

Also in attendance were the unit leadership represented by the Commander, 1st Lt. Hector Prieto, and the Acting 1st Sergeant, Sgt. 1st Class Marshall Johnson.

The 301st MP Co. FRG wishes to thank Sonia Roca, Limary Cepeda and their staff for their efforts in putting together such a complete package at this year's Academy.



FRG Academy 301st FRG Leaders (left to right) Sgt. 1st Class Marshall Johnson, 1st Lt. Hector Prieto, Deborah Ruiz, Clara Marin, Maria Grajales, Yajaira Navarro, Marlene Rivera, 166th Regional Support Group Command Sergeant Major Rene Rivera.



Maria Grajales receives her graduation certificate following completion of the FRG Academy from Command Sergeant Major Hermina.



Sonia Roca and Deborah Ruiz were proud graduates of the Academy.



Acting 1st Sgt. Marshall Johnson receives his certificate of completion from Sonia Roca.

Fort Buchanan employees recognized for five,

El Morro Staff

Each year Fort Buchanan recognizes employees of the garrisons for their achievements. This year, the garrison commander, Col. Stephen M. Ackman, along with directorate supervisors, presented five and ten year service awards to various workers on post. Additionally, there were individual awards presented.

Some of the awardees could not be present at the ceremony.



Photos by Joe Bonet
(Left to right) Officer Felip Deida, Ricardo Santiago, Officer Jose Plaza, Officer Jorge Pastor, Officer Jaime De Leon, Officer Hector Planas, Officer Israel Class, Officer Víctor Sierra.



(Left to right) From DES - Officer Christopher Nelson, Police Chief Vicente Gonzalez, Officer (Sgt.) Javier Aponte, Officer Efrain Vargas, Luis Ocasio, Officer Efrain Laureano, Officer Felix Rivera, Officer Ricardo Cosme, Officer (Capt.) Rogelio Velez, Officer Hector Vazquez.



(Left to right) James Adamski (Director, Department of Emergency Services), Libertad Gonzalez (Vehicle Registration), Officer Juan Garcia, Irma Santiago (DES Admin), Victor Quiñones (Chief Physical Security), Commanding Officer Col. Stephen M. Ackman.



From DMWR - Odette Ortiz (Community & Family Programs) and Col. Stephen M. Ackman.



(Left to right) Eliud Diaz (Mobilization & Plans) and Roberto Lugo (Operations).



(Left to right) Lt. Col. Mark Nozaki (Staff Judge Advocate), Carmen Hernandez (former employee), Hilda Bruno (Language Specialist), Eileen Rodriguez (Legal Assistant).



Col. Stephen M. Ackman and Myrna Llanos.



(Left to right) Luis Del Castillo (DPW), Juan Gonzalez (DPW) and J.C. Garcia (DPW).



Col. Stephen M. Ackman and Natan-iel Santana (Transportation).

ten year service to federal, garrison operations



(Left to right) Violeta Perez (Admin), Alba Ortiz (Transportation Officer), Diana Joseph (Operations Officer).



(Left to right) Col. Stephen M. Ackman, Gisela Aponte and Herbert Rader (Human Resources Director).



(Left to right) Gisela Aponte (Alcohol & Drug Control Officer), Staff Sgt. Quadreecus D. Nealon (K-9 Handler), Staff Sgt. Wilfredo Maldonado (Training NCO), Myrna Llano (HRA), Marcos Orengo (Visual Information), Miguel Vazquez (IMC), Carlos Rivera (Visual Information), Guillermo Santiago (Visual Information), Carlos Cruz (Visual Information), Joseph Bonet (Visual Information) and Officer Felix Rivera.



(Left to right) Dr. Sterling Meals (Resource Management), Hector Santiago (Budget Technician), Awilda Morales (Management Analyst), Amanda Rojas (Management Analyst).



(Left to right) From DOL - Col. Stephen M. Ackamn, Gabriel Santiago, Eugenio Choisne, Judith Esquilin, Ifrain Pagan and Jose Miranda.



(Left to right) Col. Stephen M. Ackman, Antonio Lopez (Material Handler), Rafael Morales (Driver) and Jose Miranda.



(Left to right) From DOL - Jose L. Rodriguez (Supply), Dan Mantijo (Transportation), Anibal Gaud (Material Handler), Lillian Calderon (Transportation), Iris Choisne (Supply), Loranza Bodie (QASAS) and Jose Miranda (Logistics Director).



(Left to right) Sgt. 1st Class Luis La Luz, Sgt. 1st Class Edwin Padilla and Staff Sgt. Daniel Garcia. The Soldiers were presented certificates by Commanding Officer Col. Stephen M. Ackman for outstanding physical fitness test scores.



(Left to right) Julio Torres (Material Handler), Arnaldo Torres (PBO), Luis Rodriguez (Unit Movement Coordinator), Jose Sanchez (TISO), Jose Quinones (CIF Officer), Armando Figueroa (Supply Officer), Luis Cruz (Ops & Training Officer), Pedro Cestero (Driver), Roberto Bras (Driver).

Units, Soldiers of 65th Regional Readiness Command



Staff Sgt. John Gonzalez

Brig. Gen. David S. Elmo, commanding general, 65th Regional Readiness Command, unfurled and presented the new colors for the Regional Support Group to Col. Marcos Rivera, group commander, 210th RSG.

210th Regional Support stands up

Staff Sgt. John Gonzalez
65th RRC Public Affairs

RAMEY BASE, Aguadilla, Puerto Rico — After months of expectations and preparations, the 210th Regional Support Group officially came into existence Oct. 15 at the Coast Guard Community Club Field in Aguadilla.

Brig. Gen. David S. Elmo, commanding general, 65th Regional Readiness Command, unfurled and presented the new colors for the RSG to Col. Marcos Rivera, group commander, 210th RSG.

Col. Rivera said that it was truly an honor to witness the birth of this new "creature," referring to the RSG, and he thanked all those responsible for achieving this success.

The 65th Regional Readiness Command commander echoed the same and especially thanked the family members of those present.

"I want to thank you all the family members because without you all this would not be possible, thank you for your commitment and support for what we do," Elmo said.

313th transfers to 271st AG Co.

Staff Sgt. John Gonzalez
65th RRC Public Affairs

History was made as the 313th Adjutant General (Postal Service) Company was inactivated and its personnel transferred to the 271st AG Co. With this transfer the 271st gains the proud legacy that the 313th brings along with it.

The change of command ceremony was conducted by Brig. General David Elmo, commanding general, 65th Regional Readiness Command, during the October battle assembly at Fort Buchanan.

During the inactivation ceremony, the colors of the 313th will be rolled-up and the command becomes part of the proud history of the 65th RRC and the legacy of the Puerto Rican Soldiers. Although the ceremony was a simple, traditional event that is rich with symbolism and heritage, it is a chapter in the history of an Army unit that no one wants to close, especially when the unit has significantly contributed to our nation's defense.

The 313th was activated Sept. 15, 2000, under the command of Capt. José A. Rivera and Sgt. 1st Class Juan Ithier as acting First Sergeant.

In its short history, this unit has managed to place boots-on-the-ground in such countries as the Balkans, Kuwait, Iraq, Qatar and Afghanistan.

Its Soldiers have served valiantly in contingencies such as Operation Joint Guard, Task Force Falcon, KFOR 5 Alpha, Operation Iraqi Freedom and Operation Enduring Freedom.

While deployed in support of Operation Iraqi Freedom, the unit set the standard for postal assessment and audits that helped to improve and enhance the overall performance of day to day postal operations and quality of mail processing for the CENTCOM theater. They were responsible for joint planning, operations and management of theater postal network in support of 235,000 Army, Navy, Marines, Air Force and Coalition Forces deployed to Operations Enduring Freedom and Iraqi Freedom.

They coordinate with CENTCOM, HQDA, MPSA, Coalition Joint Task Forces and other theater Armed Forces to provide resources for postal mission execution.

"As we de-activate the 313th and assign its Soldiers to the 271st Adjutant General (Human Resources) Company, I feel we are not losing a unit but improving one with the experience of battle hardened Soldiers committed to the Soldier's Creed," stated Brig. Gen. Elmo during his remarks.

See 313

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Soldiers, police receive training

Story and Photos by
Staff Sgt. John Gonzalez
65th RRC Public Affairs

NAVAL FACILITY CEIBA, Puerto Rico — A small detachment of highly skilled PRimeros Soldiers had the opportunity to partner alongside the Fort Buchanan garrison police officers, active duty Soldiers and Criminal Investigative Division agents, as the Soldiers ran a two-day multi-weapon range at U.S. Naval Station Roosevelt Roads, Sept. 28 - 29.

1st Sgt. Walter Gonzalez was responsible from the Reserve side, bringing along with him a detachment of 12 Soldiers from the 65th Regional Readiness Command.

"What we are doing is basically setting up a series of ranges for Fort Buchanan Department of Army law enforcement officers so that they may fulfill their annual qualifications," Gonzalez said.

The two-day event went without a hitch and everyone, including Navy DoD police and Naval Criminal Investigative Service agents managed to qualify as well.



1st Sgt. Walter Gonzalez illustrates the intricacies of the 9 millimeter pistol to a group of Fort Buchanan Department of the Army Police Officers. A small detachment of 65th RRC Soldiers held a two-day qualification range for federal police officers and agents at Roosevelt Roads Naval Station facilities.

Some 12 active duty Soldiers with Fort Buchanan Garrison also participated in the two-day event, helping with the DoD qualifications and then getting into the fray by also qualifying.

Several key people from the 65th RRC were involved in the actual training portion on the ranges including the command's training NCO, Sgt. 1st Class Reynaldo Milliam and all the Soldiers with the Command Readiness Team. The Command's Retention Team also made a strong showing, lending their assistance and support to the mission.

Milliam, a full-blooded 11-Bravo, or infantry NCO, brought a wealth of knowledge and experience about combat arms to the training. He and his staff not only conducted a 100 percent safe range, but he also managed to help coach many of the police officers to improve their qualification scores.

But managing and running the range was only part of the mission for the PRimeros, the real training occurred after the DoD officers had finished on both days, then the Soldiers began learning Close Quarter Battle techniques, reflect firing and room-clearing in preparation for up-coming real-world missions.

"The 65th RRC is getting ready to help support some real-world missions in Africa and Europe, as such we are training our Soldiers to be ready not only to train others, but to be able to react to threats," Gonzalez said.

Given the Army's emphasis on transformation, the Reserve is also transforming, moving from the rear-action mentality to a pro-active force that is capable to train and fight anywhere in the world.

Master Sgt. Eric Colon, who has been tapped to lead the first contingent to help train coalition style forces, said that the 65th RRC has a wealth of talented individuals who could function as excellent instructors and ambassadors.

"We have many people who are highly trained and could bring a wealth of experience to these missions in the future," Colon said.

For the moment the teams heading down range will focus on teaching the basics to foreign militaries, like sighting in on an M-16, land navigation and basic squad movement.

Gone are the days of the week-end warrior and drills where one never left the comfort of air conditioning.

Today, the Army Reserve comprises a vital part of the total integrated Army package and make up a decisive segment of the Total Army Strong concept.

You can rest assured that whatever the mission or training profile may consist of, the PRimeros of the 65th RRC have either "been there and done it," or are ready to break new ground.

See Training

Page 18

transform, improve structure during '06 fourth quarter

PRimeros Soldiers make historic jump, earn wings at Benning

Story and Photos by
Staff Sgt. John Gonzalez
65th RRC Public Affairs

FORT BENNING, Ga. — History was made over the cloudy skies of Georgia Nov. 8, when two Soldiers from the 65th Readiness Regional Command jumped into the record books by being the very first from the Army Reserve Command Puerto Rico in recent history to ever earn their jump wings.

Sgt. 1st Class Luis A. Padilla and Sgt. Misael Alvarez both successfully completed the physically arduous three weeks and mandatory five jumps to finally be able to pin on their silver wings, designating them both as paratroopers.

There is an old adage that goes, if you want something bad enough keep trying until you achieve it, and for one of these Soldiers trying to go to airborne school has taken him almost an entire career.

"This was a lifelong dream for me, I have been trying to go since I first entered the Army, I never thought I would get the opportunity," Padilla said.

For Alvarez, who will have four years in the Army Reserve this December, going to airborne school was an opportunity too good to be true.

"I am so happy to have been given this chance to go to airborne school, I never imagined that I would be able to go from Puerto Rico," Alvarez said.

The truth of the matter is that until not too long ago the thought of two "PRimeros" going to airborne school from the Army Reserve in Puerto Rico was like sending people to Mars, it technically could happen but the chances of it occurring were slim to none.

Since the inception of the Army Reserve on the island, the only people who wore jump wings were those who obtained them prior to arriving at the command.

Locally, as a Combat Support and Combat Service Support command, and given the type of units available, the mind set was that airborne training was not within mission parameters, so the idea of sending someone to the school meant allocating valuable training resources on a non-essential pursuit. But with the Army's transformation and its renewed emphasis

on Warriors Ethos, schools and programs like Airborne, Air Assault, Ranger, Special Forces, and Pathfinder, "HOoooAH schools" as they are called in the Army, are seeing a renaissance.

It is not uncommon to find people from different military occupational specialties attending these schools.

Col. John M. Lazaro, deputy commander, Readiness and Training, 65th RRC, is a firm believer in promoting these schools and offering PRimeros Soldiers "opportunities to excel."

"Anytime you offer the Soldier a challenge, in this case airborne training, the Soldier will rise to the occasion, the worst thing that we can do is provide second class training for our Soldiers," Lazaro said.

He added, "when other Soldiers start seeing what's going on in terms of training they are going to want to be a part of that, which is a retention and recruitment tool, as well as being a force multiplier."

Already the waiting list for the airborne and air assault school slots is stacking up. Many Soldiers throughout the command will soon compete for those positions and a chance to earn their silver wings.

Staff Sgt. Ricardo Moreno, a member of Delta Company, 1/507th Parachute Infantry Regiment, warns those planning on attending Basic Airborne School to start preparing now.

"We start fast from the very first day beginning with the APFT, where you have to pass the 17-21 year old requirements regardless of your age," Moreno said.

Moreno, a Ranger and a 9-year combat veteran who hails from Anasco, Puerto Rico, is also the top Black Hat, or airborne instructor, at the school.

This young Boricua has recently placed himself and the island in the limelight by being selected as the Top Black Hat of the Year at Fort Benning.

The competition is one of the most important events of the year at the post, and is second only to the Best Ranger competition held annually there as well.

"I am very happy to have won, not just for me but also for the island, there are a lot of outstanding jumpmasters who competed for this event, including a lot of Soldiers from Puerto Rico, so it is an honor for me to have been selected," Moreno said.

The competition was intense, out of 120 participants, all jumpmaster instructors, 8 were selected to compete further, and out of these eight Moreno was chosen number one.

"As a Puerto Rican, I am proud to be part of the U.S. Army, and I represent the island in this Global War on Terrorism, so that others may enjoy their freedoms," he said.

For Alvarez and Padilla the experience was historic.

"I am so honored to have gone and represent the 65th RRC, I am happy to have been chosen for this school," Alvarez said.

Many outstanding Soldiers have graduated from airborne school at Fort Benning, and a sizable number of those have come from this little island.

It seems that the future shall see a great many more PRimeros heading up to Georgia to take part in a time-honored tradition of turning motivated Soldiers into true Paratroopers.



An exhilarated Sgt. Misael Alvarez, shuffles back from the drop zone moments after making his first airborne jump

Jimenez takes command of 394th

Staff Sgt. John Gonzalez
65th RRC Public Affairs

AGUADILLA, Puerto Rico — Lt. Col. Osvaldo J. Jimenez, a native of Moca, took command Oct. 15th of the 394th Supplies and Services Battalion.

Jimenez replaced Lt. Col. Jose W. Cruz who commanded the battalion since September 2004. The change of command ceremony was conducted by Col. Marcos Rivera, commanding officer, 210th Regional Support Group, during the October Battle Assembly at Ramey U.S. Army Reserve Center in Aguadilla.

The incoming commander takes over responsibility of a battle hardened composed of two mortuary affairs companies, a quartermaster company, and two ordnance Companies with an average strength of 1,000 Soldiers.

Jimenez is looking forward to the new challenge. He explained, "This is something I've worked hard for. This is already a good unit but I'm looking forward to making it even better."

He is joined in his efforts by Command Sgt. Maj. Aileen Lopez, the first and only female command sergeant major in the 65th Regional Readiness Command. Both are committed in ensuring that the 394th will be ready and Army Strong to perform any assigned mission.



Staff Sgt. John Gonzalez

Lt. Col. Osvaldo J. Jimenez takes the command colors of the 394th Supplies and Services Battalion from Col. Marcos Rivera, commanding officer, 210th Regional Support Group. Out-going commander, Lt. Col. Jose W. Cruz and Command Sgt. Maj. Aileen Lopez, look on



Two Proud and Ready PRimeros, Sgt. First Class Luis A. Padilla, a Retention NCO and HHC Administration NCO, Sgt. Misael Alvarez, collect their thoughts moments before they boarded a C-130 aircraft for their very first U.S. Army Airborne parachute jump.

Identity theft avoidable —

Soldiers, civilian workers advised to take steps to ensure force protection, net security and privacy from thieves.

Sonia Cordova

In our technology driven society our numbers are just as important as our names. Who we are is often reduced to digits on a card — military, Social Security, bank account, or passport. Combined with online IDs and passwords, these are who we are. They are also our first line of personal security in the vast cyber community. Defensively, it's a very thin line and a risk that we all share — the chance that someone will steal your identity.

The thought of having these numbers compromised so that others can assume our identity for profit, harm, or simple chaos is a real concern for all of us, or it should be! There's a good chance you have seen some of the public service ads telling people how

to protect their identity. Many of us know about the risks. Few of us actually protect ourselves adequately. Most of us are not doing anything. All of us need to protect our financial and personal data in order to safeguard our credit scores.

These days, the person who is stealing your identity and creating new ones with your data is no longer the little old guy with thick glasses huddled in a dark apartment with engraving tools, magnifying glasses, and an X-acto® knife. It's a young kid with the laptop next to you in Starbucks, or a member of an organized crime syndicate, or a terrorist operative in a mud hut. They all want to be you. If you are in the military, this is a double threat because being you might give enemies access to information that will put your fellow soldiers at risk.



Those trying to steal your identity range from the sophisticated (creating phishing programs) to the heavy handed (digging through your trash for paper with identity information). They will use phishing techniques and misinformation (social engineering) to trick you into giving up critical personal information. They could simply look over your shoulder while you are online or conducting business in a bank or store. Awareness of potential risks and threats is critical to protecting yourself.

From a personal point of view, having your identity stolen is a nightmare. You

could be financing someone's new SUV — maybe one that eventually becomes a car bomb. The damage to your credit rating, finances, and reputation could take years to fix. On top of that, think what stealing your identity as a member of the U.S. military could mean. Someone pretending to be you could gain access to Army facilities and systems that could cause significant damage or create paralyzing confusion. A few simple precautions will reduce or even eliminate that risk. Guard your identity and you are guarding your fellow soldiers, your family, and yourself.

ID card more secure than earlier versions

Gerry J. Gilmore
American Forces Press Service

WASHINGTON — New identification cards now being issued to some Defense Department employees will help standardize federal workforce identification and enhance security, a senior DoD official said here yesterday.

The new common access card is part of departmental transformation efforts that harness common business practices to make the organization more efficient, David S.C. Chu, the undersecretary of Defense for personnel and readiness, told reporters at a Pentagon news conference.

"A key element of this new card is it is a more secure document" than its predecessor, Chu noted.

The new card, he said, accomplishes three main objectives:

It makes the identification process more efficient; it helps prevent identity theft or fraud; and it better protects personal information, thus enhancing individual privacy.

The department began issuing the new ID cards Oct. 27. They will be provided to employees over the next three years as the old cards reach their expiration dates.

The new card looks similar to the old one, but features several enhancements, said Mary Dixon, director of the Defense Manpower Data Center in Arlington, Va. For ex-

ample, the new CAC contains two fingerprints and a digital photograph, she noted.

Additionally, "we're going to check to make sure you've had your background checks before we issue the card," Dixon said.

"That is something we have not done in the past, but we will be doing this now," he said.

President George W. Bush directed that a single ID card be developed that's interoperable across all federal agencies, Chu said.

The Defense Department, he noted, has had CACs for some years now.

"So, we're using that foundation as our stepping stone to reach the president's goal," Chu said.

Using one common ID card throughout the federal government "builds trust across agencies, because there is then just one credential," Chu said.



Sonia N. Cordova

Many users believe that sharing music and movie files is o.k. They see it as equivalent to borrowing a CD or DVD from a friend. Also, they see it as personal use and that no one is being harmed. However, the courts do not look at it this way. The fact is that distributing and downloading copyrighted material is illegal.

• AR 25-2 para 1-1 j, upholds the law. Those who violate copyright laws are subject to fines and prison terms.

• AR 25-2 para 4-6, clearly states that users will not add unauthorized software to Army information systems.

• AR 25-2 para 4-5, prohibits the sharing of copyrighted material by means of peer-to-peer software.

Army e-Learning Expanding Lines of Communication

Bon Jour • Buenos Dias • Guten Tag



Army E-learning has become the Army's primary means of satisfying initial and recurring IT (over 2,600 courses) training across the entire spectrum of individual and organizational requirements.

E-learning offers 40+ certification programs that include

• Microsoft certified systems engineer, Information systems security, security, Cisco, Oracle and project management and many more.

E-learning also offer foreign language training courses to include Arabic, Pashto, French, German, Spanish and many more.

These courses are free to the individual and organization and are available 24x7.

All you need to do is get an AKO account and register in the AKO education window.

If you have any questions, 707-3888 or 3546.

Find out if your servicetime counts

Miguel Ortiz
Ft. Buchanan CPAC

Did you know...

That as an honorably retired member of our Armed Forces, you might be entitled to certain benefits (<http://www.opm.gov/veterans/html/vetguide.asp>) when you are selected for a civil service position?

For example, you could receive credit for leave ("vacation time" or "authorized time off") purposes for the time you serve in active duty (other than training) or were called to serve during a war, campaign or expedition.

In addition to receive credit for leave, service members are also allowed to receive credit for Reduction-In-Force, but there are certain conditions you have to meet. For example, if your DD-214 reads that you retired honorably with 20+ years of service, below the rank of major, and was awarded the Armed Forces Expeditionary Medal, Southwest Asia Service Medal, or any other expedi-

tionary or campaign medal, then the time you served during that time might count towards your Service Computation Date. This is not all inclusive, so please visit the aforementioned Web site or contact your Civilian Personnel Advisory Center representative for further clarification or assistance.

Therefore, to receive credit for leave accrual/Reduction-In-Force SCD purposes, we'll need a copy of the SF-813, "Verification of a Military Retiree's Service in Nonwartime Campaigns or Expeditions" (http://www.opm.gov/forms/pdf_fil/SF813.pdf). As a separate note and advice, sign your name in block No. 8, so they can release this information. You have nothing to lose by filling this form out and mailing it to the National Personnel Records Center in St. Louis, Mo. (or appropriate address based on time of service).

Upon receipt of this form, please forward a copy to your servicing Human Resources Specialist at the CPAC, so we **See Service** — **Next Page**

PPE helps prevent injuries

Ft. Buchanan Safety Office

Personal protective equipment can reduce the number and severity of work related injuries and illnesses. Personal protective equipment not only helps protect people but also improves productivity and profits. Farmers and ranchers can share in these benefits by using the appropriate protective equipment for themselves, family members and employees when the job and its potential hazards call for it.

- Protect your head with a hard hat when performing construction work, trimming trees, repairing machinery, and doing other jobs with head injury risks.

- Use a sun safety hat (one with a wide brim and neck pro-

tection) to assist in the prevention of skin cancer.

- Protect your vision with appropriate safety eyewear (safety glasses, goggles, face-shields) when applying pesticides, fertilizers, working in the shop, or in heavy dust conditions.

- Protect your hearing with acoustic earmuffs or plugs when operating noisy equipment such as grain dryers, feed grinders, older tractors, chain saws, etc.

- Protect your lungs with the correct respiratory equipment (dust masks, cartridge respirators, gas masks, air pacts) when working in dusty or moldy conditions, spray painting, applying chemicals, working in bins, tanks, silos, and manure storage places.

- Protect your hands from everyday abuse with job-matched gloves and barrier creams.

- Protect your feet with safety shoes or boots with non-slip soles and heels.

- Protect your skin with impervious garments when using toxic or irritating chemicals. In addition, use sunscreen to protect against the sun's harmful rays.

Inspection —

- Is appropriate PPE available in work areas?

- Is PPE kept clean and functional?

- Are shoes or boots equipped with safety toes, insteps, or shanks?

- Is sun screen available in tractors and other self-propelled equipment?



File Photo

OSHA has established personal protection safety standards for every occupational skill. Contact your safety office for guidance on proper PPE equipment and use.

Army increases weight limit for females, standards remain same

Michelle L. Gordon
Army News Service

WASHINGTON — Weight limits for female Soldiers have changed to incorporate current research regarding differences between male and female body types.

The change allows most females to weigh 5 to 19 pounds more under Army Regulation 600-9, "The Army Weight Control Program," which establishes guidance for body-fat standards within the Army.

The previous version of the regulation was last updated 17 years ago.

"Training NCOs were telling us they had been needlessly taping female Soldiers," said Hank Minitrez, public affairs officer for the Army G-1 Human Resources Policy Directorate. "It seems women were failing the weight portion of the test, but they were well under the maximum body-fat percentage allowed for their age group. In fact, we found that more than half of all female Soldiers who were taped did not need to be."

A team of Army and civilian physicians and scientists was appointed to find a better way to measure body fat in women, who carry weight differently than males, Minitrez said.

"We took their findings and changed the screening weight table for female Soldiers. The screening table weight is the maximum you can weigh before you have to be taped or tested for body-fat percentage," he said.

Instead of being taped at the wrist, forearm, neck and hips, females will now be taped around the abdomen, neck and hips.

"Measuring the abdomen will give a more accurate portrayal of a female Soldier's body-fat percentage," Minitrez said. "We don't want fat Soldiers, we want fit Soldiers. The tape test is still going to help determine body-fat and fitness levels compared to lean muscle-mass levels."

Repercussions for Soldiers failing to meet Army weight standards remain unchanged. They will still be enrolled in the Army Weight Control Program, through which Soldiers seek counseling from a nutritionist on eating properly and incorporating exercise into their daily routines.



File Photo

A female mechanic works on an Army vehicle needed for operations in Iraq.

They must also receive a blood test from their local military treatment facility to rule out medical problems.

Enrollment in the program does not prohibit a Soldier from deployment, but it does prevent positive actions such as awards or attendance at professional development schools.

"The program is designed to assist Soldiers in creating a healthy, fit lifestyle that the Army requires in a time of war," Minitrez said.

The revised AR 600-9 was published Sept. 1 and implemented Oct. 2, but Army leaders decided to give active-duty and reserve-component Soldiers a six-month transitional period. March 31 is the mandatory effective date.

"This revision didn't happen overnight," Minitrez said. "Researchers have been working for at least a decade to determine if current systems of measuring body fat were the best systems out there."

"Research is always ongoing and the Army, just like any other agency, has to keep evolving and using the latest data available," he went on to explain.

Skilled Nursing, Long-Term Care

Tricare Public Affairs

At some point in your life, you or a family member may need skilled nursing care, long-term care or both. You should understand what each term means and how they affect you.

Skilled Nursing facilities —

Under TRICARE, a skilled nursing facility is a facility with the staff and equipment to provide skilled nursing, skilled rehabilitation or other medically necessary healthcare services, including prescription medications. Skilled nursing care isn't typically provided in a nursing home or a patient's home.

Skilled Nursing facility admission criteria —

For TRICARE to cover your skilled nursing facility admission you must meet the following criteria —

- You must be treated in a hospital for at least three consecutive days, not including the day of discharge;

- You must be admitted within 30 days of your hospital discharge (with some exceptions) to a skilled nursing facility;

- Your doctor's treatment plan must demonstrate your need for medically-necessary rehabilitation and skilled services; and

- The facility must be Medicare-certified and a participating provider.

Skilled Nursing coverage —

Under skilled nursing care, TRICARE typically covers the following —

- Medically-necessary skilled nursing care;

- Rehabilitative (physical, occupational and speech) therapies;

- Room and board;

- Prescribed drugs;

- Laboratory work;

- Supplies;

- Appliances; and

- Medical-equipment.

You are responsible for TRICARE beneficiary cost shares. The amount you pay varies, depending on your eligibility status and TRICARE option. For more information, see the chart at Web site www.tricare.osd.mil/tricarecost.cfm.

If you are Medicare and TRICARE eligible —

- For days 1 to 20, Medicare pays 100 percent;

- For days 21 to 100, Medicare covers

all costs, except for the required Medicare copayment. TRICARE covers the copayment; and,

- After day 100, TRICARE is the primary payer and you pay TRICARE beneficiary cost shares.

Medicare and TRICARE have the same benefits, skilled nursing facility decision process and payment calculation method, except TRICARE doesn't limit the benefit to 100 days (after obtaining a Medicare claim denial).

Long Term care —

Long term care includes support services for patients with a degenerative condition (Parkinson's, stroke, etc.), a prolonged illness (cancer) or cognitive disorder (Alzheimer's). A trained professional doesn't have to provide long term care and it may be given in nursing homes, assisted living facilities, adult day care centers or in your home. Long term care services include help with the following —

- Walking;
- Personal hygiene;
- Sleeping;
- Using the bathroom;
- Dressing;
- Cooking/feeding;
- Medication; and
- Moving from a bed to a chair.

Long Term care coverage —

TRICARE and Medicare don't cover long term care — it's your financial responsibility. So ask the facility whether you are getting skilled nursing care or long term care. Ask your regional contractor or case manager about exceptions or partial exceptions to the "no coverage" guidance. For skilled nursing care and long term care issues contact your TRICARE Service Center or your regional contractor.

Service — From Page 14

can verify this time and adjust your SCD, if necessary.

If you have any questions related to the change of SCD, contact your CPAC servicing HR Specialist —

- Fabiana Nevado at x3925 (DHR, DPW, CMDGRP, DES, IG, RAHC, DRM & EEO).

- Diana Rios at x3349 (PAIO, MWR, ILO, PAO, MEPS, DOL, DPTMS & DOIM).

TSA provides guidelines for efficient holiday travel

Transportation Security Admins.
Public Affairs

WASHINGTON — The Air Transport Association, Airports Council International

Smart Security Saves Time

Can I Take It?

Permitted and Prohibited Items

The prohibited and permitted items list is not intended to be all-inclusive and is updated as necessary. To ensure traveler's security, transportation security officers (TSOs) may determine that an item not on the prohibited items chart is prohibited. In addition, the TSO may also determine that an item on the permitted chart is dangerous and therefore may not be brought through the security checkpoint.

<u>Liquids, Gels and/or Aerosols</u>	<u>Carry-on</u>	<u>Checked</u>
3 oz containers or smaller in a 1 quart (1 liter), plastic zip-top bag.	Yes	Yes
Exceptions:		
<ul style="list-style-type: none"> - Baby formula/milk (to include breast milk) and baby food in containers if a baby or small child is travelling. - Medications (liquid, gels and/or aerosol) - Liquids (to include water, juice or liquid nutrients) or gels for diabetic or other medical needs. 		

Note: The exceptions must be declared to a security officer at the checkpoint.

Personal Items

Gigar Cutters	Yes	Yes
Corkscrews	Yes	Yes
Cuticle Cutters	Yes	Yes
Eyeglass Repair Tools - including screwdrivers	Yes	Yes
Eyelash Curlers	Yes	Yes
Knitting and Crochet Needles	Yes	Yes
Knives - except for plastic or round bladed butter knives	No	Yes
Nail Clippers	Yes	Yes
Nail Files	Yes	Yes
Safety Razors - including disposable	Yes	Yes
Scissors -		
• plastic or metal with blunt tips	Yes	Yes
• metal with pointed tips and blades shorter than four inches in length	Yes	Yes
Toy Transformer Robots	Yes	Yes
Toy weapons - if not realistic replicas	No	Yes
Tweezers	Yes	Yes
Umbrellas - allowed in carry-on baggage once inspected to ensure prohibited items are not concealed	Yes	Yes
Walking Canes - allowed in carry-on baggage once inspected to ensure prohibited items are not concealed	Yes	Yes

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– North America and the Transportation Security Administration are informing the traveling public how they can prepare for security screening during the busy holiday travel season.

Passengers can greatly affect their experience at the airport by preparing in advance. This includes — packing liquids, gels and aerosols in checked baggage whenever possible, using 3-1-1 for

	<u>Carry-on</u>	<u>Checked</u>
Pool Cues	No	Yes
Ski Poles	No	Yes
Spear Guns	No	Yes

Note: Any sharp objects in checked baggage should be sheathed or wrapped to prevent injury to baggage handlers and security officers.

Firearms, Guns and Ammunition

Ammunition	No	Yes
Check with your airline or travel agent to see if ammunition is permitted in checked baggage on the airline you are flying.		
If ammunition is permitted, it must be declared to the airline at check-in. Small arms ammunition for personal use must be securely packed in fiber, wood or metal boxes or other packaging specifically designed to carry small amounts of ammunition. Ask about limitations or fees, if any, that apply.		
BB Guns	No	Yes
Compressed Air Guns -	No	Yes*
*Carried in checked luggage must be without compressed air cylinder.		
Firearms - Carried as checked baggage MUST be unloaded, packed in a locked hard-sided container, and declared to the airline at check-in.	No	No
Flare Guns	No	Yes
Gun Powder	No	Yes
Parts of Guns and Firearms	No	Yes
Pellet Guns	No	Yes
Realistic Replicas of Firearms	No	Yes

Note: Check with your airline or travel agent to see if firearms are permitted in checked baggage on the airline you are flying. Ask about limitations or fees, if any, that apply. All of the firearms listed above, as well the frame or receiver of such firearms, carried as checked baggage, **MUST** be unloaded, packed in locked hard-sided container and declared to your airline at check-in.

<u>Tools</u>	<u>Carry-on</u>	<u>Checked</u>
Axes and Hatchets	No	Yes
Cattle Prods	No	Yes
Crowbars	No	Yes
Hammers	No	Yes
Drills and Drill Bits - including cordless, portable power drills	No	Yes
Saws - including cordless, portable power saws	No	Yes
Tools -		
• greater than seven inches in length	No	Yes
• seven inches or less in length	Yes	Yes
Wrenches and Pliers - seven inches or less in length	Yes	Yes

	<u>Carry-on</u>	<u>Checked</u>
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Note: Any sharp objects in checked baggage should be sheathed or wrapped to prevent injury to baggage handlers and security officers.

carry-ons, arriving early and ensuring they are not traveling with prohibited items.

For individuals who must carry liquids, gels and aerosols through the security checkpoint, it's as easy as 3-1-1.

- All liquids, gels and aerosols must be placed in a 3 ounce or smaller container.
- These containers must be placed in a 1 quart, clear, plastic, zip-top bag.
- 1 bag per passenger placed in a plastic bin for screening.

The limitation on liquids reflects changes made after the foiled terror plot involving the possible use of liquid explosives in London on Aug. 10, 2006. In response, TSA immediately banned all liquids at security checkpoints. The ban was modified on Sept. 25 after extensive testing showed that small amounts of liquids, gels and aerosols did not pose a significant threat.

TSA Administrator Kip Hawley said, "By knowing the rules and remembering 3-1-1, travelers can make a big difference in TSA's ability to efficiently and effectively screen all passengers and their baggage. Each time a physical inspection of a carry-on bag is required, it not only slows the individual traveler down but the entire security line."

Through posters at ticket counters, banners at airports, advertisements on parking shuttles, road signs, extra customer service staff, travel tips on each organization's Web site and many other ways, the airlines, airports and TSA are educating travelers before they reach the security checkpoint.

“Through the combined efforts of airport and airline staff and the TSA, we’re making an unprecedented effort to ensure that passengers have the information they need to get through security checkpoints efficiently this holiday season,” said ACI-NA President Greg Principato.

Below are other tips travelers should know before they leave home this holiday season. A full list of tips and prohibited items is available at Web site www.tsa.gov/travelers.

- **Do not wrap gifts** — If a security officer needs to inspect a package they may have to unwrap your gift. Please wrap gifts after arriving at your destination.
- **Pack smart** — Bringing prohibited items to the airport will delay the screening process for you and other passengers. If you're not sure which items are allowed, check TSA's Web site for a complete list.
- **Arrive on time** — Arrival time recommendations vary by airline and day of travel, so check with your carrier.

You must have a boarding pass and valid government photo ID to enter the security checkpoint.

Remember to give yourself adequate time to check your baggage and move through security.

- Dress the part — Metal in your clothing may set off the walk-through metal detector. Pack coins, keys, jewelry, belt buckles and other metal items in your carry-on bag. Remember that all shoes must be removed and screened by TSA. Passengers also need to remove blazers, suit coats and bulky sweaters in addition to outer garments.

- Film — Undeveloped film should go in your carry-on bag. Hand film that is faster than 800-speed to a security officer for physical inspection to avoid being X-rayed.
- Think — Belligerent behavior, inappropriate jokes and threats will not be tolerated. Such incidents will result in delays and possibly missing your flight. Local law enforcement may be called as necessary.

Rejoice In The LORD Always

December 2006 Religious Services

Roman Catholic

Sunday Masses — Saturday Evenings at 5:30 p.m. at the Post Chapel
Sunday Mornings at 9 a.m. at the Post Chapel

Weekdays — Wednesdays at Noon at the Adoration Chapel in the Annex, Bldg. 292.

Holy Days — Dec. 8 - The Immaculate Conception
6:30 a.m., Noon, 6:30 p.m.
Adoration Chapel in the Annex Bldg. 292.

Dec. 24 - Christmas Eve Midnight Mass
Midnight at the Post Chapel

Dec. 25 - Christmas Day Mass
11 a.m. – Mass at the Post Chapel

Dec. 31 New Year's Eve
4 p.m. at the Post Chapel

Jan. 1- New Year's Day
11 a.m. at the Post Chapel

Confessions — Saturday Evenings at 5 p.m.
Sunday Mornings at 8:30 a.m.
Weekdays, please call Father at (787) 568-6092
or at the office; x-3405.

Marriage Preparation, Baptisms, Counseling — Call Father at the Office x-3405

Preparation for Confirmation, First Communion, RCIA, etc. Sundays 10:30 a.m., after Mass, at the Middle School. Please call Father X-3405.

Emergencies — Call Father at (787) 568-6092 or at (787) 775-4725.

Protestant

Collective Protestant Service — Sundays Mornings at 10:30 a.m.
at the Post Chapel

Dec. 24 - Christmas Eve
10:30 a.m. Worship Service

Dec. 31 - New Year's Eve
10:30 a.m. Worship Service

Counseling and Prayer — Call the 707-3904 or 707-2889.

Marriage Preparation, Baptisms — Call the Chaplain 707-2889.

All military and civilian personnel serving in Fort Buchanan, all personnel of the federal agencies working and/or residing in Puerto Rico, as well as military and federal government retirees, are most welcomed to be part of our Fort Buchanan Chapel community!

Please make known our community to all and let them know they are welcomed and needed to join us, worship with us, work with us and be part of our Fort Buchanan Chapel Family.

65th RRC celebrates Veterans Day



Photos by Staff Sgt. John Gonzalez

Brig. Gen. David S. Elmo, commanding general, 65th Regional Readiness Command, poses with Deborah Dones, Membership and Volunteer Director of the Paralyzed Veteran's Association of Puerto Rico to commemorate Veteran's Day.



Brig. Gen. David S. Elmo spoke with veterans of the 65th Infantry Regiment.



Brig. Gen. David S. Elmo poses with two members of the American Legion Auxiliary, Puerto Rico Department.



CALL TO DUTY
BOOTS ON THE GROUND





Staff Sgt. John Gonzalez
Soldiers with the 313th AG Company (Postal) retired their colors as the unit was inactivated on Oct. 14 at Fort Buchanan.


“For all your contributions, we are deeply grateful and I challenge each one of you to continue living the Army Values in your new unit. Remember you will always be part of **Primeros – A Proud and Ready Force** - and your legacy will live forever in the hearts and minds of your fellow Soldiers,” Elmo said.



Staff Sgt. John Gonzalez

Ready! Set!...

Sgt. First Class Luis A. Padilla, a Retention NCO and HHC Administration NCO, contemplates what it will be like to step off a C-130 and join the ranks of being called a paratrooper.



**Fort Buchanan
Army Career &
Alumni Program**

ACAP TAP Workshop

4, 5, 6 & 7 DECEMBER 2006
0730-1600 hrs

*at the Fort Buchanan
EL CANEY LODGE BLDG. 677
CONFERENCE ROOM*

The Transition Assistance Program (TAP) seminars provide information that facilitates moving from the military to the civilian world.

If you are within two years of retirement or one year to ETS, contact Mr. Griffin at the ACAP Office to reserve your seats:

787-707-3681



Photos by Staff Sgt. John Gonzalez

Sgt. 1st Class Reynaldo Milliam demonstrates to a group of PRimeros how to smoothly transition from his primary to his secondary weapon. Milliam and a group of Soldiers with the 65th Regional Readiness Command are getting ready to go on a mission within the next few months.



Sgt. 1st Class Reynaldo Milliam demonstrates to a group of PRimeros how to smoothly aim and shoot his primary weapon while moving downrange.



Sgt. 1st Class Reynaldo Milliam points out the range limits to a group of Fort Buchanan police officers.



Caribbean Scoop!

a taste of events to come...



AUTOMOTIVE SKILLS CENTER

Half-Price Nights! Now open to all...

Every Thursday from 4 - 8 pm.

7 Dec: Wheel Alignment

14 Dec: Autolift Usage

21 Dec: Diagnostic Test

28 Dec: Autolift Usage

For details call 787-707-3972. Hours of operation are Mon, Wed and Fri from 9 am - 6 pm. Tue and Thu from 10 am - 8 pm; Sat, from 8 am - 5 pm; Sundays Closed.

MWR LIBRARY

Computer Orientations @ the Library

The Library will be offering computer orientations on different subjects the first Wednesday of each month at 2 pm to assist customers in accessing public computers. Our next orientation will be Wed, 6 DEC '06.

Pre-School Story Time

The Library offers pre-school story time along with a craft twice a month from 3 - 4 pm. The dates for December are the 13th and 27th at 3 pm. The theme for the 13th is "Santa Visits the Library", and for the 27th "New Year's Hats."

DOMINOES
Tournament
9 - 10 December '06
1 pm at the Holiday Celebration Site, PX Parking

Registration Deadline:
5 December '06
by COB at Fitness Center

Fee:
Military ID: Free
DoD & Others: \$10.00

For more information call: Sports Office 787-707-3277
or Fitness Center at 787-707-3767

CUSTOMER SERVICES TRAINING

by Ms. Carmen Dieppa, CDC Coordinator

MWR Customer Focus Team Leader

For the first time in history a group of seven MWR Employees and a special trainer from ACAP launched their first Customer Service training in Fort Buchanan on 11 October 2006. Ten training sessions were conducted with a total participation of 301 employees. It was amazing seeing employees so involved and excited in participating in each and every part of the training. Of course, since Quality Customer Service is everybody's business, training sessions were opened to other directorates which resulted in a great participation of other employees out of the MWR arena. The MWR Customer Focus Goal team will continue to work

promoting Quality Customer Service through out the Fort Buchanan community by offering additional training sessions to not only the MWR employees, but also to all the civilian employees attached to this Installation. The ultimate goal is to improve the service we provide to our customers installation wide. My deep and sincere thanks to Odette Ortiz, Michelle Brown, Lilliam Maldonado, Miguel Isaac, Adria Lucca, Maria Hernandez and Mr. Henry Griffin from ACAP for having taken time from their busy schedules in order to coordinate, prepare and conduct the Customer Service training sessions offered in such an outstanding manner.

ANTILLES HIGH SCHOOL WORK EXPERIENCE PROGRAM AT THE COMMUNITY CLUB & CONFERENCE CENTER AND BOWLING CENTER

We at the Community Club and Conference Center

are grateful for being part of the Antilles High School Work Experience Program, which is under the direction of Pamela Young. The program is designed to provide career challenging opportunities and to prepare their students to gain on-the-job training and experience for the world of work. Pedro Vélez and Leonel Rios are new members of our team and continue to provide exceptional service and professional support, while gaining in depth knowledge and work experience. Both individuals work daily to ensure our programs and services are well received by our customers. To assist them with their career development, we provide on-the-spot guidance and instructions with the performance of their jobs and work closely with the program director to ensure the students' personal goals and objectives are met. Each student works from 0830 to 1130. Their work experience includes preparing the dining room for the lunch and assisting with other minor details for the daily preparation of the Club. Part of their responsibilities are preparing catering supplies

packages, changing linens, vacuuming the floor, refilling napkins, salt & peppers, and cleaning or recovering dishes and trays.



Pedro Vélez



Leonel Rios



Leeroy Ramos

Leeroy Xavier Ramos is a valuable asset at the Buchanan Bowling Center. He provides vital serves every morning with our Snack Bar staff preparing the Daily Special, cleaning tables, dispensing condiments, and washing the floors. He always presents a pleasant smile and greets our customers with high standards and opening appreciation. He is a bit of a prankster and he likes to engage our customers and enjoys having fun. Some of his favorite hobbies are fishing, video games, and mechanics. He can do wonders with a computer! His favorite color is black and his favorite class is cooking. He enjoys New Age music. Leeroy enjoys rice, beans and chicken which we serve daily. Leeroy is a wonderful member of the Bowling Center and we are fortunate to have him as part of our team. We appreciate his dedication and professional approach toward serving our Soldiers, Civilians and Families. Jeanette Cruz, Educational Technician at AHS, supervises the students on the job.

On behalf of all Fort Buchanan Community, We would like to take this opportunity to say "Thanks to Pedro, Leonel and Leeroy" for your continuous service.



Caribbean Scoop!

Fort Buchanan, Puerto Rico • December 2006

Christmas Tree Lighting & HOLIDAY CELEBRATION 2006

Friday 8 • 12 noon - 10 pm

- Live Entertainment by MICHAEL STUART
- DJ Music
- Amusement Rides
- Typical Food Vending
- USO Show! 313 Army Band
- Inflatable Games
- Middle School Choir
- Grupo Típico Boricua
- Pleneros (PR folk music)
- Fantasy Circus Show
- Christmas Parade - 4 pm
- Clowns with balloons, cotton candy, popcorn & snowcones 4 - 8 pm
- Santa's visit! & photo session at 4:30 pm & 7:45 pm
- Tree Lighting at 6 pm
- Santa & Three Kings visit 7:45 pm & photo session

Sunday 10 • 12 noon - 7 pm

- Live Entertainment by MICHAEL STUART
- DJ Music
- PapaRock 1 pm
- Amusement Rides
- Typical Food Vending
- Inflatable Games
- Fantasy Circus Show
- Puppet Show

Ticket Prices

- Electric Train Ride \$3
- Pony Ride \$3
- Sumo Wrestling \$4
- Inflatable Games \$3
- Rock Climbing \$3
- Circus Show \$5 - \$7
- Amusement Rides \$2 - \$5
- Amusement Games \$1 (No Tickets)

Saturday 9 • 12 noon - 10 pm

- Live Entertainment
- DJ Music
- Amusement Rides
- Typical Food Vending
- USO Show! 313 Army Band
- Inflatable Games
- Fantasy Circus Show
- Pleneros (PR folk music)
- Puppet Show
- Clowns with balloons, cotton candy, popcorn & snow cones 4 - 8 pm
- PapaRock 8 pm

Michael Stuart



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Pentagon Federal Credit Union, Pan Pepin, Pepsi, National Vision, Frito Lay, Puerto Rico Supplies, Coca Cola, Galletas Noel, Choco Listo & Paperclips

The U.S. Army does not officially endorse sponsors.

December Highlights:

- Customer Service Training
- Half Price Nights at the Automotive Skills Center
- Dominoes Tournament
- Computer Orientations at Library

Look for more information about these and all MWR events at our feature guide: MWR Caribbean. Available Now! at various points of distribution throughout the garrison.

NEW YEAR'S EVE CELEBRATION

At The Community Club & Conference Center

Sunday, 31 December

Dinner • Dance • Party Favors
Door Prizes • Continental Breakfast

Featuring Live Entertainment

Latin Music Band (to be announced)
and DOD Show "STATE OF MAN"
Rock Music Band

Menu:

**Chicken Coq au Vin
or London Broiled with
Marsala Sauce**

Cream of Asparagus Soup
Mixed Green Salad with House Dressing
Fresh Garden Mixed Vegetables
Buttered Baby Red Potatoes
Strawberry Shortcake or
Chocolate Mousse
Fresh Hot Butter Rolls

Dinner served from 8 - 10 pm
Entertainment from
10 pm - 1:30 am
Champagne Served
11:30 - 12 midnight
Continental Breakfast
12 midnight - 1 am

Admission:

For adults 18 years and older
• Single \$50 • Couple \$90
Tickets sold at the Community
Club & Conference Center,
8 am - 3 pm. For details call
787-707-3535, x-200

